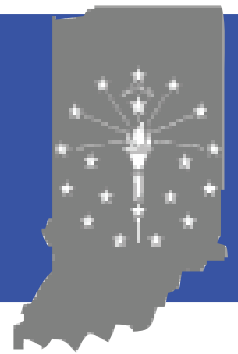


# The INTERCHANGE

The official newsletter for Indiana state employees



## Governor applauds state employees for their commitment to 'Buy Indiana'

Commending state employees for the sweeping advances that have been made in the Buy Indiana commitment, Governor Mitch Daniels issued a challenge to public and private entities to do the same.

The governor made his remarks at the recent annual meeting of the Indiana Chapter of the National Institute of Governmental Purchasing (NIGP). He spoke at the invitation of Teresa Deaton Reese, Deputy Director of Procurement for IDOA and former Chapter President of NIGP. Robert Wynkoop, IDOA Deputy Commissioner, introduced the governor.

Gov. Daniels' remarks referenced the 2007 Buy Indiana Report. The report shows that 84 percent of the state's contracting dollars are now going to

firms defined as Indiana companies; before only an estimated 60 percent were going to Indiana businesses. This represents an increase in nearly a billion additional dollars spent with companies that employ Hoosier workers and invest in the state.

"First, we had to get state government's act together. Now, we want to get everyone on board," said Daniels.

The governor has sent letters to local governments, university presidents and business leaders challenging them to join state government in spending more dollars with Indiana companies.

In the letter, the Governor wrote, "If we can sensitize Indiana businesses to the Buy Indiana opportunity, the

(continued on page 3)



Governor Mitch Daniels is pictured with Teresa Deaton-Reese, CPPO, CPPB, Deputy Director of Procurement, Department of Administration (left) and Barbara Taylor, CPPB, Procurement Manager for Department of Workforce Development (right).

## State Fair announces entertainment

The Indiana State Fair has announced its concert lineup for its 2007 season. Headliners include the following:

**August 9** – Casting Crowns and Jeremy Camp (tickets are \$20, \$25 and \$35)

**August 10** – Rascal Flatts with Jason Aldean (tickets are \$52, \$68 and \$78)

**August 14** – Kenny Rogers and The Oak Ridge Boys (tickets are \$20, \$30 and \$40).

Each concert starts at 7:30 p.m. and admission to the fair is included in all concert tickets.

Tickets go on sale at 10 a.m.

April 13 and are available by

calling the

Indiana State Fairgrounds Box Office at 317.927.1482. They are also available at all Ticketmaster locations, online at [www.ticketmaster.com](http://www.ticketmaster.com) or charge by phone at 317.239.5151.



Courtesy Indiana State Fair

For more information on the 2007 Indiana State Fair, log onto its Web site at [www.indianastatefair.com](http://www.indianastatefair.com) or call the Fairgrounds Box Office at 317.927.1482.

April 2-6

## Governor declares Highway Work Zone Safety Awareness Week

With more than \$900 million in road construction projects planned across the State, the Indiana Department of Transportation (INDOT) expects this year to be the busiest road construction season in Hoosier history. Translated –it is more important than ever to use extreme caution along Indiana’s highway work zones.

Each year, drivers and highway workers die in Indiana highway work zones. To raise awareness about the dangers of highway work zones, Gov. Daniels has declared April 2 - 6, 2007, Indiana Highway Work Zone Safety Awareness Week. Indiana’s campaign coincides with National Work Zone Awareness Week during which hundreds of cities, states and organizations across the country come together to raise awareness about work zone safety.

On Tuesday, April 3rd, at 10 a.m. in the Midway Lot of the Indiana State Fairgrounds, INDOT employees, family members and others will gather to remember those killed in work zones. Attendees will hear from family members of highway workers killed in work zones last year and walk through a full-size mock work zone. In Indiana, 14 people were killed and 686 were injured in work zones last year.

Throughout Awareness Week, the state’s highway message boards will display a different work zone safety tip each day, all Indiana radio stations will be asked to broadcast work zone safety public service announcements and other public events will be held at several locations around the state.

INDOT urges motorists to drive safely



*Charles Curry, a six-year veteran with INDOT, is a maintenance worker with the Shelbyville Unit.*

through work zones by following these tips:

- **Stay alert!** Look for reduced speed limits, narrow driving lanes and highway workers.
- **Pay attention.** Work zone signs will tell you exactly what to expect ahead.
- **Merge early.** If drivers merge as soon as they see the signs, traffic will flow smoother.
- **Slow down.** If you’re speeding, you may encounter slowed or stopped traffic within seconds.
- **Don’t tailgate.** Maintain a safe distance on all sides of your vehicle.
- **Minimize distractions.** The three C’s – cell phones, CDs and coffee – are the primary causes of driver inattention.
- **Plan ahead.** Expect delays and allow extra travel time. Select an alternate route if you are running late.

## Trim health care costs by making healthy choices

In just a decade, health care is expected to account for \$1 out of every \$5 spent in the United States. That means a large rise in out-of-pocket expenses, such as the co-pays for medicine, from about \$850 this year to about \$1,400 in 2016, a 5.3 percent annual increase, according to the Associated Press.

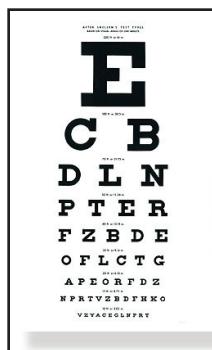
As medical costs rise, Hoosier workers should be looking for ways to stave off the high medical costs of the future. That’s where INShape Indiana, Governor Mitch Daniels’ statewide health initiative, comes in.

INShape Indiana is helping Hoosiers make healthy choices by linking them to valuable resources and offering a fun challenge to improve their health and well-being. Karla Sneegas, executive director, Indiana Tobacco Prevention Cessation, said getting Hoosiers to quit smoking is a top goal of the initiative.

“When people quit smoking, they are adding years to their lives,” Sneegas said. “Hoosiers are rising to the occasion to do just that and improving their quality of life.”

Eric Neuberger, executive director of the Indiana Governor’s Council for Physical Fitness and Sports, said,

**(continued on page 5)**



### We’ve got you covered

State-issued medical insurance covers the dilated retinal exam (DRE) for State employees who are diabetic. Many times State employees, when undergoing an eye exam, opt to not have the DRE, thinking that it is not covered.

This is one of the most frequently asked questions of state health insurance providers.



## Buy Indiana (continued from page 1)

positive economic impact could be truly enormous.”

In January 2005, the governor established the Buy Indiana initiative through Executive Order 05-05, setting a goal for state agencies to procure 90 cents of each Hoosier tax dollar from Indiana businesses. The Indiana Department of Administration (IDOA) implemented the initiative which enables anyone to see, for the first time, how state government money is spent. Additionally, IDOA works with over 38,000 companies to ensure that vendors are correctly registered with the state under the Buy Indiana designation. The Indiana General Assembly established the definitions of an Indiana business in state statute in 2005.

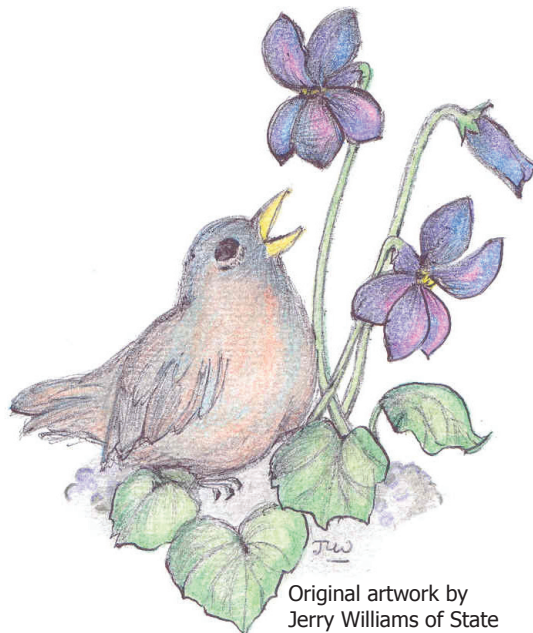
One way state government has increased Indiana investments is by awarding contracts previously won by out-of-state firms to Hoosier companies. The report indicates that 88 percent of all state contracts are now made with Indiana companies.

Among report highlights:

- Haverstick Consulting earned the Department of Workforce Development Unemployment Insurance Modernization Project contract, valued at \$24 million over three years. Haverstick is headquartered in Carmel. TATA Consulting of India previously had the contract.
- Anthem, MDWise, and MHS, all companies headquartered in Indiana, recently won the multi-year \$4 billion FSSA contract for Hoosier Healthwise. These Indiana companies replace California-based Molina, Ohio-based CareSource, and Illinois-based WellCare.

- Infospherix, the company that operates the DNR Reservation system, relocated its call center to Hamilton County. The center, formerly located in Maryland, provides registration services to Indiana and several other states.
- The Café Group, an Indiana company, won the IDOA Cafeteria Food Services contract. The Café Group provides cafeteria services to the Government Center and pays annual rent to the state of \$240,000. Café Group replaced Sodexo of France.
- Dixie Chopper was awarded the State's Quantity Purchase Agreement for large and small lawnmowers. The contract is valued at \$650,000. Dixie Chopper is headquartered in Coatesville. Previous awards for lawnmowers were made to companies in Arkansas and Illinois.

The full 2007 Buy Indiana Progress Report is available at:  
[http://www.in.gov/gov/pdfs/3-9\\_letter.pdf](http://www.in.gov/gov/pdfs/3-9_letter.pdf).



Original artwork by  
Jerry Williams of State  
Personnel Department

## EASY program makes easy change

The employee assistance program, EASY, is making a minor change. Effective April 1, Anthem will be responsible for managing the program, replacing Magellan Health Services.

The toll free number (1.800.223.7723) will remain the same, as will the hours (24 hours, seven days a week).

The Web site will now be hosted by Anthem at: [www.anthemap.com](http://www.anthemap.com). Login will be State of Indiana. No password is needed.

The EASY program offers confidential assistance for state employees and their family members with personal problems, family and/or work-related concerns. There is no charge to state employees and their family members for using the service.

The EASY program is available to all state employees, regardless of their insurance provider.

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# That's classified information!

## State employees submitting items for sale must agree to the following rules:

- Contact information must include either a phone number (home or cell, no state numbers) or a home e-mail address. Include your area code!
- Ads must be submitted via e-mail to [spdcommunications@spd.in.gov](mailto:spdcommunications@spd.in.gov), the items must be included in the body of the e-mail, no photos or attachments. No bold or italic type, no ALL CAPS.
- There is a limit of one ad per employee per issue. Each ad has a limit of three items.
- Deadline is the 10th of the month prior to the next issue.
- If garage sale, need to list times, date, street address and town.
- No selling of animals; but we will list if the animal is "free."
- No real estate, for sale or rent.
- No Avon, Mary Kay, vitamins, etc.
- No businesses or professional services (i.e., tax preparation, car repair, animal breeding, etc.).
- Ads will run for one issue only.
- State Personnel Department staff reserves the right to edit and/or refuse any ads.

Hammond Organ Spinnet C-100 Series. \$300. Contact Ruth Williams, 317.253.2672.

1993 Club Car Golf Cart; new tires, CD player, AM/FM cassette; headlights; emergency lights; turn signals; trailer hitch, windshield, rearview mirror. Cart purchased for \$1,500; added \$1,920 upgrades. Used in a H.S. Band to pull equipment out onto the field. \$1,700 obo. Email: [slh48@msn.com](mailto:slh48@msn.com) or [rsms49@aol.com](mailto:rsms49@aol.com). Phone 317.837.8435 or 317.435.6557.

Ventless gas corner fireplace (fmi GL5000) complete w/gas logs. Great condition, oak wood mantel, 50" tall,

60" wide. Also, shelf that can fit on top. \$250. Can email picture. Over-the-range hood; bisque color. Good condition. \$25. Contact Christie, 317.294.0942 or [musiclover1937@yahoo.com](mailto:musiclover1937@yahoo.com).

Large solid oak roll-top computer desk; like new. \$300. Contact: 317.539.4572 after 5 p.m.



Animal pen, 10' x 10' or a little bigger; you haul. \$150. Call 317.717.3058.

Six pairs of cast-iron weights: 5, 10, 12, 15, 20, 25 lbs. \$40. Contact Tim or Brandon 317.357.0327.

2000 Yamaha XL 1200 jet ski; 3-seater; excellent condition; low hours; one owner; trailer included. \$5,250 obo. Call 317.885.9871.

Viking Rose embroider-sewing machine; multiple stitch patterns & feet; extended bed; embroidery unit with programmed card. \$350. Wedding set, gold; interlocking bands; solitaire marquise cut 1/3 c. diamond; size 6. \$200. Call evenings or leave message at 317.895.0285.

2005 Tracker Targa 17 Sport fish & ski boat; w/115 hp Mercury Optimax motor; less than 10 hours on motor; MinnKota power drive trolling motor; Lowrance fish-finding & depth-sounding sonars; digital display AM/FM radio with CD player; 17-ft. Trailstar trailer with swing-away hitch. \$16,000. Contact Kristie Davis, 317.861.9348 or [kjdavis1995@yahoo.com](mailto:kjdavis1995@yahoo.com).

Bell & Howell projector; headliner 300.

Aulos soprano recorder w/ soprano alto; vol. #1 recorder technique. Two-piece workshop tool cabinets. Call 317.291.6797.

Broyhill Duncan Fife drop-leaf table; circa 1950/1960 with 3 upholstered chairs & leaf; nice; needs some TLC. \$80 obo. E-mail [tlconcannon@yahoo.com](mailto:tlconcannon@yahoo.com).

Scooter. \$600, paid \$1,100. 50cc 4-wheeler; \$500. Call 812.397.2475.

1978 Starcraft 16-ft. aluminum runabout; 75 horse, Mariner out board, 50 hours, trolling motor; depth/fish finder, trailer; Bimini top; 05 boat cover; life jackets; throw cushions. \$3,000. E-mail [penstoll@aol.com](mailto:penstoll@aol.com).

Portable basketball goal, good condition. \$75 obo. Remote control car & boat, good condition, \$200 obo. Call 317.209.9896.

Dixon Zero Turning Radius lawn mower (ZTR) Model 361; 36-in. cut, 12 HP; purchased 1993, well cared for, runs good, cuts great. \$900. Call 317.839.5041 or e-mail [Harbil@aol.com](mailto:Harbil@aol.com).

Color-coordinated sofa & recliner; great condition, used in non-smoking home with no pets. \$300, willing to separate. 2003 version of Microsoft Word for home computer, \$35. Call Anne at 317.509.5274 or [gopfarmgirl@yahoo.com](mailto:gopfarmgirl@yahoo.com).

55" color TV; plays great; picture needs tuning; great body condition. Paid \$2,000, asking \$250 obo. Call 317.413.0122 or e-mail, [lilbit01@netzero.net](mailto:lilbit01@netzero.net).

1999 Mazda Miata MX-5 convertible, auto/air, 64K mi., new tires, \$10,000 obo. 1977 MGB roadster, rebuilt engine, excellent condition. \$4,500. 1972 MGB roadster, new paint, new top, needs fuel pump. \$3,500. Call 812.240.0858.

# 10 in 10 Challenge comes to an end, but don't let that stop you

Did you take the 10 in 10 Challenge? Are your pants fitting a little looser? Are you finding ways to fit in some extra physical activity each day? Have you realized that healthy food can also taste good?

If you answered “yes” to any of these questions, you are the heart and soul of INShape Indiana and are well on your way to being a healthy role model for other state employees.

**Sarah Rutschmann**, Receptionist, Logansport State Hospital  
Sarah has experienced success over the past few months due to the 10 in 10 Challenge and a special challenge implemented by Logansport State Hospital employees:

“I am not where I would like to be, but have lost eight pounds already (at the midway mark). That is better than none or gaining. I figure it took me a long time to gain it and it's better to lose it slowly and I'll be more likely to keep it off. I guess we are always hardest on ourselves.

“I wanted to update you on the Logansport State Hospital (LSH)



Challenge. As you know, LSH is having a challenge in conjunction with the 10 in 10 program. So far, the 27 people that participated in the mid-way weigh-in have lost 139 lbs.

The teams in the lead include Naughty Nibblers, followed closely by Salad Shooters and 3's Company. An individual male and female who lose the most pounds and a team that loses the most percentage of weight will win prizes after the final weigh-in.”

It is not too late to lose 10 pounds in 10 weeks. The official challenge may be over, but it is never too late to start improving your health. If you haven't already, go to [www.inshape.IN.gov](http://www.inshape.IN.gov) to join INShape Indiana.

On the website you will find 10 weeks worth of nutrition and physical activity

challenges that will help you reach your weight loss goals or simply help you adopt healthier habits. Soon you can join Arleen and Sarah in sharing your success story and inspiring other state employees to live a healthy lifestyle.

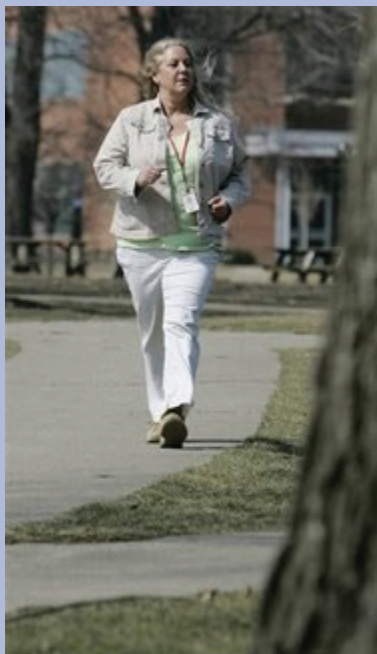
## Trim health care costs (continued from page 2)

“INShape Indiana is not just another program; it is an initiative to coordinate the many efforts taking place across the state to combat smoking and obesity.”

Overall, Neuberger said INShape Indiana participants have:

- Lost over 26,000 pounds.
- Taken part in over 8,000 additional hours of physical activity.
- Eaten over 46,000 additional servings of fruits and vegetables.
- Consumed over 26,000 additional servings of dairy products.
- Reduced their cigarette consumption by 10.2 percent.
- Over 950 of those who did not know their body mass index now know what it is.
- Over 1,500 of those who did not know their blood pressure now know what it is.
- Over 1,000 of those who did not know their cholesterol now know what it is.

Neuberger said Indiana currently ranks 10th in obesity and 2nd in adult smoking. The poor health outcomes associated with obesity and smoking negatively impact the health of Hoosiers as well as the state's economy.



**Arleen East**, Lan Administrator with the Indiana Office of Technology, has adopted some health habits that are paying off for her. Those habits may not be dramatic, but with little changes to her diet and adding some extra activity, the results are impressive. Not only is her weight going down, but her attitude and self esteem have risen to new levels.

“I am feeling so great and now I look forward to working out,” she said. “I have gone from 208 to 190 and I am already feeling so much better than I have for over a year. My whole outlook on life is totally different.”



### Do your part to clear the air

Did you know that your daily actions impact the air we breathe? Explaining this simple fact is the purpose of Air Quality Awareness Week, which starts April 30. With a hot, ozone-producing summer just around the corner, every Hoosier needs to decrease their impact on air quality by reducing energy consumption and emissions.

Sitting in an idling vehicle doesn't just drain the fuel tank and wallet; it also fills the air with chemicals that create ozone and fine particles. But motor vehicles and other gas-powered equipment aren't the only way we affect air quality. Simple actions, such as turning off lights when leaving a room, can help clear the air outside your home.

To improve air quality:

- Walk, bike, carpool or use public transportation;
- Decrease vehicle idling by walking inside instead of using the drive-through, combining errands into one trip and turning off your engine when parked for more than 10 seconds;
- Wait until after 7 p.m. to fill up gas tanks or mow the lawn;
- Set your air conditioning to 75 degrees for maximum energy savings while staying cool;
- Conserve electricity;
- Do not burn yard waste and debris;
- Use water-based paints and solvents; and,
- Be careful not to spill gasoline or diesel when refueling vehicles and lawn equipment.

Efforts by citizens and businesses, along with regional emission controls, have succeeded in reducing ozone and fine particles in Indiana in recent

years. Do your part to reduce ozone and fine particles to help everyone breathe a little bit easier.

For more information, visit the IDEM SmogWatch Web site at <http://www.IN.gov/apps/idem/smog>.

### Cost-effective solutions can mean \$avings\$

Although there are few state employees who take specialty medications (estimated at three percent), costs for those medications is 25 to 30 percent of overall medical costs.

With that in mind, Anthem has established a preferred network of specialty pharmacies, which will help in managing costs and simplify procedures.

Effective April 2, 2007, Precision Rx Specialty Solutions will become a preferred network specialty pharmacy for state employees enrolled in Anthem's Trad 2 and HDHP 1 & 2 plans. State employees will begin utilizing the specialty network on their renewal date. This means that by using

a preferred network specialty pharmacy for specialty medications, the in-network prescription drug benefits will apply. Employees who use an out-of-network specialty pharmacy may be responsible for a greater share of the cost and their out-of-pocket expenses may be higher.

Prior to April 2nd, state employees who require specialty medications need to transition their current prescriptions by one of two ways:

1. Have your doctor fax the specialty prescription(s) and a copy of your insurance card to: 1.800.824.2642; or
2. Employees call 1.800.870.6419 between 8 a.m. and 9 p.m. Eastern time, Monday through Friday, to verify member/provider information. A personal care coordinator will arrange the transfer of the specialty prescription(s). For speech and hearing impaired (TDD/TTY assistance), call 1.800.221.6915, from 8:30 a.m. to 5 p.m. Eastern time, Monday through Friday.

Any questions about the program should be directed to 1.800.870.6419.



### Fact for Life #165

**52,900.** The number of adult smokers who would quit if Indiana increased the cigarette tax by \$1.00.

Source: "Indiana cigarette excise tax increases estimated new revenues, cost savings, and other benefits and effects" based on estimates from CDC and Campaign for Tobacco-Free Kids.

"Facts for Life," a weekly e-mail providing statistics on the toll of tobacco to Hoosiers and the state of Indiana, is presented by Indiana Tobacco Prevention and Cessation.

For more information on Indiana Tobacco Prevention and Cessation, visit [www.itpc.in.gov](http://www.itpc.in.gov), [www.WhiteLies.tv](http://www.WhiteLies.tv) or [www.Voice.tv](http://www.Voice.tv).